

My Payday Tracker

One line per move. Little moves count. Any box can stay blank. Come back anytime and add more.

 **My goal (circle one): \$10 · \$100 · Path to \$1,000**

Shade a box for every move you log: ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ← I started!

		GIVE UP	SAVE		EARN	
	My move (what I did)	What I gave up	Time saved (min)	Money saved \$	Money earned \$	Repeats? ✓
e.g.	Skipped the drive-thru coffee	The coffee run	15	6		
Mon						
	Day total		Week so far: \$			
Tue						
	Day total		Week so far: \$			
Wed						
	Day total		Week so far: \$			
Thu						
	Day total		Week so far: \$			
Fri						
	Day total		Week so far: \$			

More moves than lines? Keep going on the back.  Saves you money every month? Tick Repeats and add it to "Keeps saving me money" on the back.  Sold but not paid yet? It goes in "Sold, not paid yet" on the back.

More moves + my payday

More moves (any day)

Day	My move (what I did)	GIVE UP	SAVE		EARN	Repeats? ✓
		What I gave up	Time saved (min)	Money saved \$	Money earned \$	

Keeps saving me money

The move	\$ a month	x 12 = \$ a year

Worth about \$_____ a year. Its own line: don't add it to this week.

Sold, not paid yet

What I sold	\$	Paid? ✓

When the money comes in, cross it out here and add it to Money earned.

Add it up

	Time saved (min)	Money saved \$	Money earned \$
Mon			
Tue			
Wed			
Thu			
Fri			
More moves (back)			
WEEK TOTAL			

Minutes ÷ 60 = _____ hours found

My payday this week

Money saved + Money earned =

\$ _____

On the way (sold, not paid yet): \$ _____

Goal check (circle one): Hit it! · Halfway there · I started

★ My best move to repeat next week:

